

# ANCHORING A HABIT

## Hook a New Habit to an Anchor

EXERCISE 03

An **anchor** is when you link a new behaviour to an existing habit, like piggybacking. The old habit becomes a cue that reminds your brain what comes next.

### Step 1: Pick a Daily Anchor

#### SOMETHING YOU ALREADY DO EVERY DAY

- Make tea/coffee
- Brush teeth
- Eat lunch
- Shut laptop at end of work
- Other: \_\_\_\_\_

### Step 2: Choose a Behaviour

#### A SMALL HABIT YOU WANT TO ADD

- Take meds / vitamins
- Check calendar or to-do list
- Lay out tomorrow's clothes
- Tidy one surface
- Other: \_\_\_\_\_

### Step 3: Write Your Anchor Pairing

*“After I \_\_\_\_\_,  
I will \_\_\_\_\_.”*

### Step 4: Try it Once Today

Notice whether the anchor reminded you to do the new behaviour immediately.

### **Step 5: Reflect**

- Did the anchor work as a natural reminder?
- Was the behaviour small enough to feel doable?
- Would a different anchor work better?

***The trick is to keep it tiny and repeatable, so over time, the anchor will do the remembering for you.***